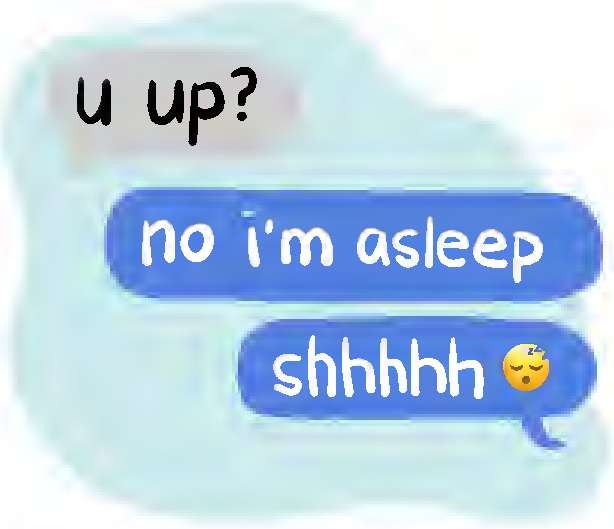
AS PER USUAL

BY DAMI LEE

Sleep has lots of useful benefits.

Like how you can use sleep to escape your problems.



In the same way that kids go to bed early to wake up to Christmas morning...

I sleep to eat my next meal sooner.